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These questions are about how you traveled from place to place, including to places like work, shops, movies, and so on.

During the **last 7 days**, on how many days did you **travel in a motor vehicle** like a train, bus, car or tram?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No travelling in a motor vehicle

How much time did you usually spend on one of those days **travelling** in a train, bus, car, tram, or other kind of motor vehicle?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Now think only about the **bicycling and walking** you might have done to travel to and from work, to do errands, or to go from place to place.

During the **last 7 days**, on how many days did you **bicycle** for at least 10 minutes at a time to go **from place to place**?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week

- ☐ 4 days per week
 - ☐ 5 days per week
 - ☐ 6 days per week
 - ☐ 7 days per week
 - ☐ No bicycling from place to place
-

How much time did you usually spend on one of those days to bicycle from place to place?

- ☐ Less than 30 minutes
 - ☐ 30 minutes but less than 60 minutes
 - ☐ 60 minutes but less than 90 minutes
 - ☐ 90 minutes but less than 2 hours
 - ☐ 2 hours but less than 4 hours
 - ☐ 4 hours but less than 6 hours
 - ☐ 6 hours or more
-

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time to go **from place to place**?

- ☐ 1 day per week
 - ☐ 2 days per week
 - ☐ 3 days per week
 - ☐ 4 days per week
 - ☐ 5 days per week
 - ☐ 6 days per week
 - ☐ 7 days per week
 - ☐ No walking from place to place
-

How much time did you usually spend on one of those days **walking** from place to place?

- ☐ Less than 30 minutes
 - ☐ 30 minutes but less than 60 minutes
 - ☐ 60 minutes but less than 90 minutes
 - ☐ 90 minutes but less than 2 hours
 - ☐ 2 hours but less than 4 hours
 - ☐ 4 hours but less than 6 hours
 - ☐ 6 hours or more
-

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